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PATENT

Docket No.

52458-224532

Small Entity Transmittal of Patent Application - Rule 1.53(b)

Commissioner for Patents
Box: Patent Application
Washington, D.C. 20231

Inventor(s): Dr. Alex Michalow

Title: SPORTS SPECIFIC TRAINING METHOD AND APPARATUS

- Enclosed is the above-mentioned new patent application. It includes 30 pages of the specification; 5 pages of claims; and 1 page abstract.
 Enclosed is an executed declaration or oath.
 Enclosed are an application assignment and a completed Assignment Recordation Cover Sheet.
 Enclosed is Eleven (11) sheets of informal drawings.
 Enclosed is a Small Entity Statement.

Claims As Filed					
(1) For	(2) Number Filed	(3) Number Extra	(4) Rate	(5) Basic Fee	
				\$355	
Total Claims	29	- 20 =	9	x	\$ 9
Total Independent Claims	2	- 3 =	0	x	\$ 40
Multiply Dependent Claims	0			\$135	\$0
Total Amount Due =>					\$436

- Please charge to Deposit Account 06-0029 any fees under 37 CFR 1.16 and 1.17 which may be required to file and during the entire pendency of this application. This authorization shall be treated as requesting a petition for an extension of time under 37 CFR 1.136(a) of the appropriate length that may be necessary now or in the future. A duplicate fee processing is enclosed.
 A check in the amount of \$40 to cover the assignment recording fee is enclosed.
 A check in the amount of \$436 is enclosed for the filing fee.
 Enclosed is a return receipt postcard.

Registration Number 35,786	Telephone Number (612) 336-3318
Date October 5, 2000	

Signature

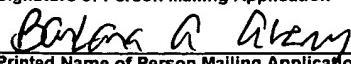
Print Name
Karl G. Schwappach

Certificate of Express Mailing

Pursuant to 37 CFR 1.10 I certify that this application is being deposited on the date indicated below with the United States Postal Service "Express Mail Post Office to Addressee" service addressed to: Assistant Commissioner for Patents, Washington, D.C. 20231.

Express Mail Mailing Label No. EL208377371US
Date of Deposit October 5, 2000

M2:M2:20340984.01

Signature of Person Mailing Application

Printed Name of Person Mailing Application
Barbara A. Avery